

Mental Health and the Coast

Suffolk Coast Forum

Dr Jacqui Cotton

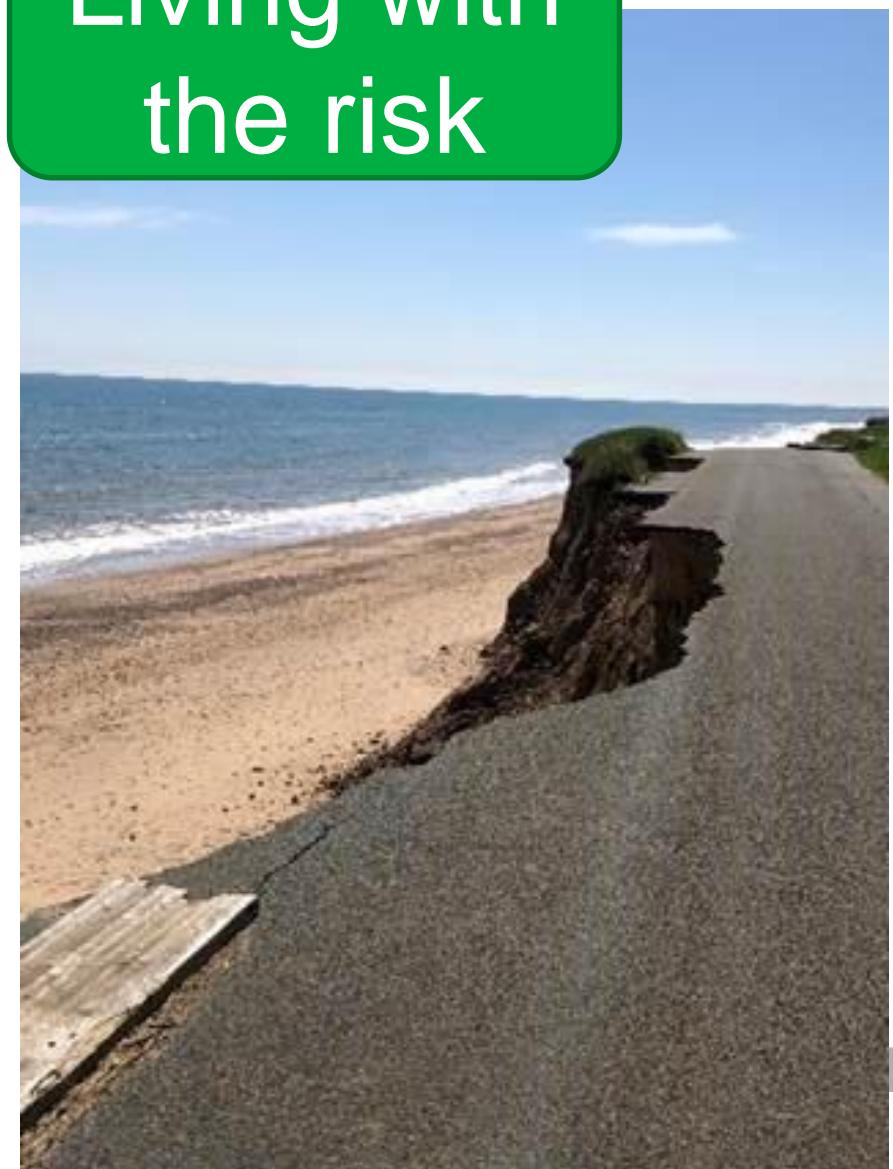
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11 October 2019

Impacts
on people



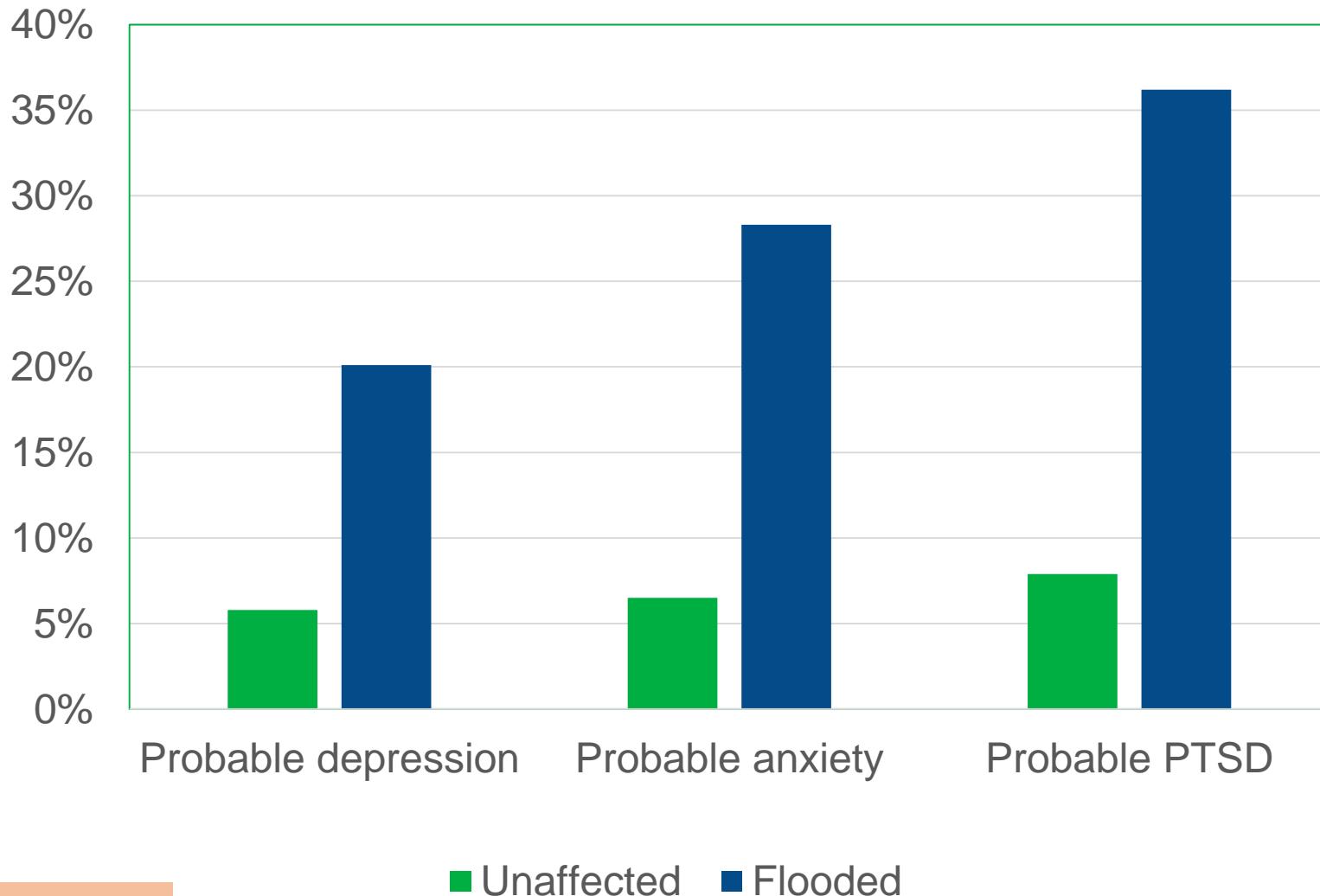
Living with
the risk



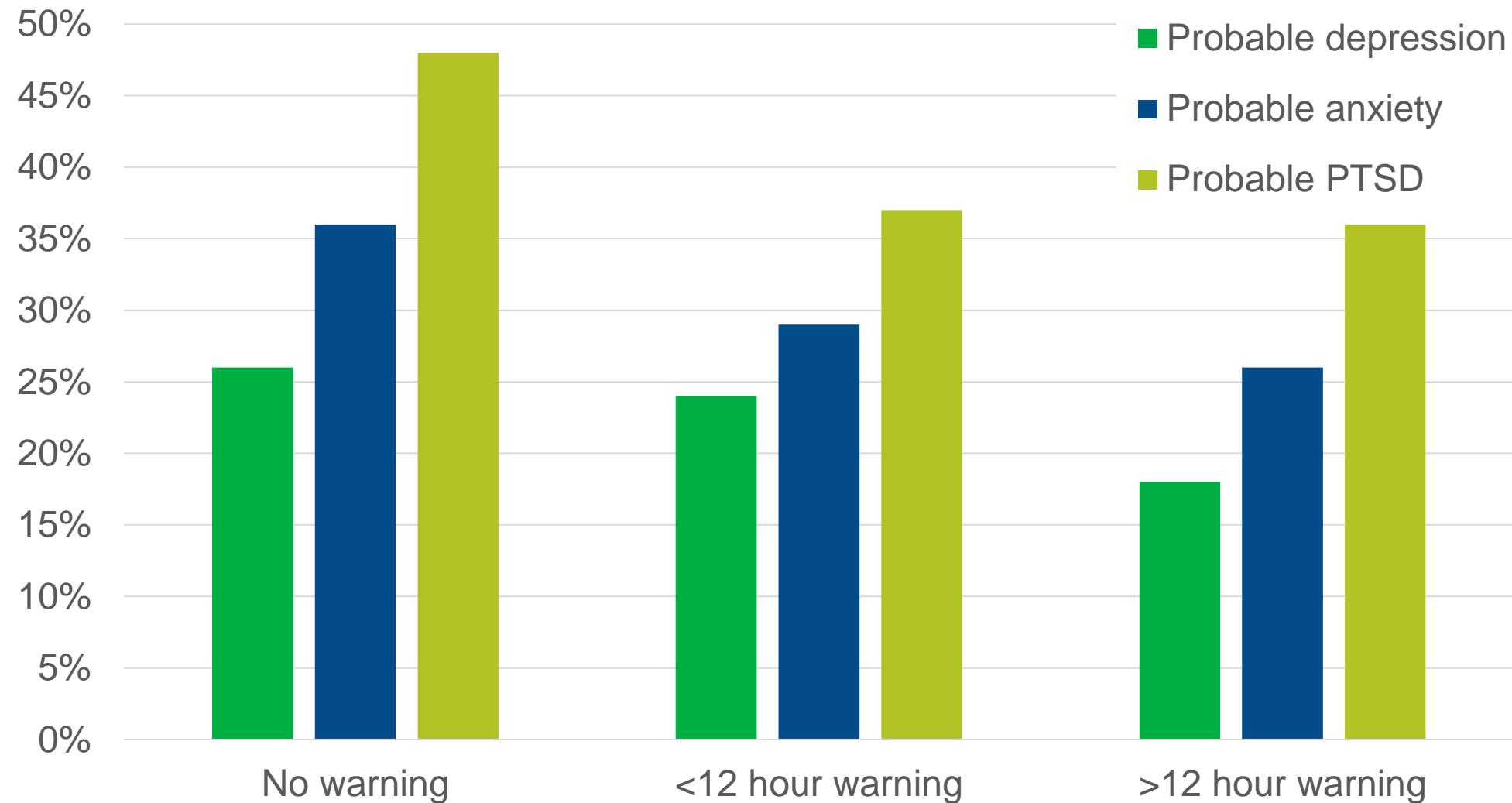
Deciding
the future



Mental health impacts of a flood



Flood warnings can make a difference



Broader impacts emerging

- Those with storm and flood damage to their homes were about 50% more likely to experience poorer mental health...



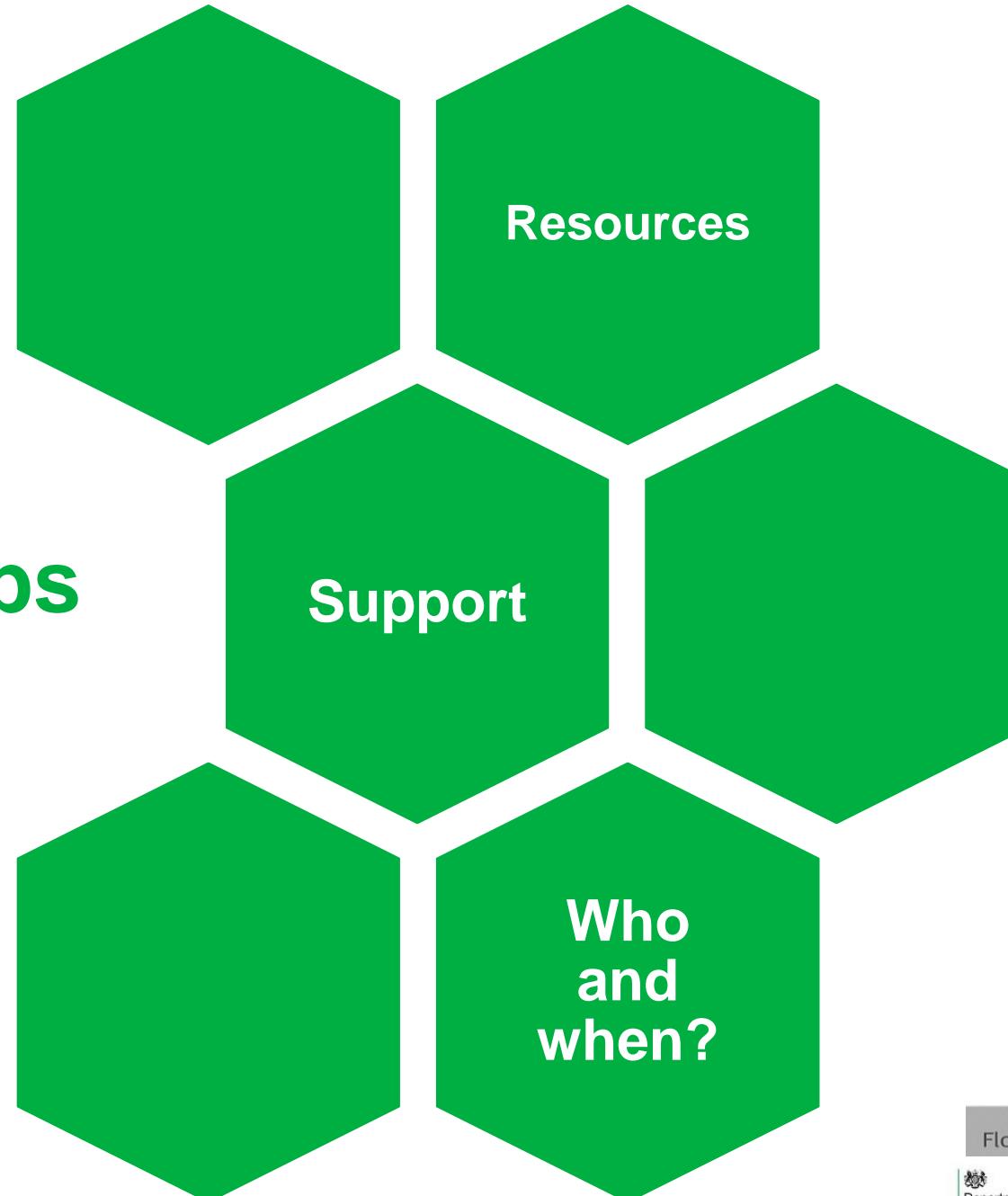
International Journal of
*Environmental Research
and Public Health*

Article

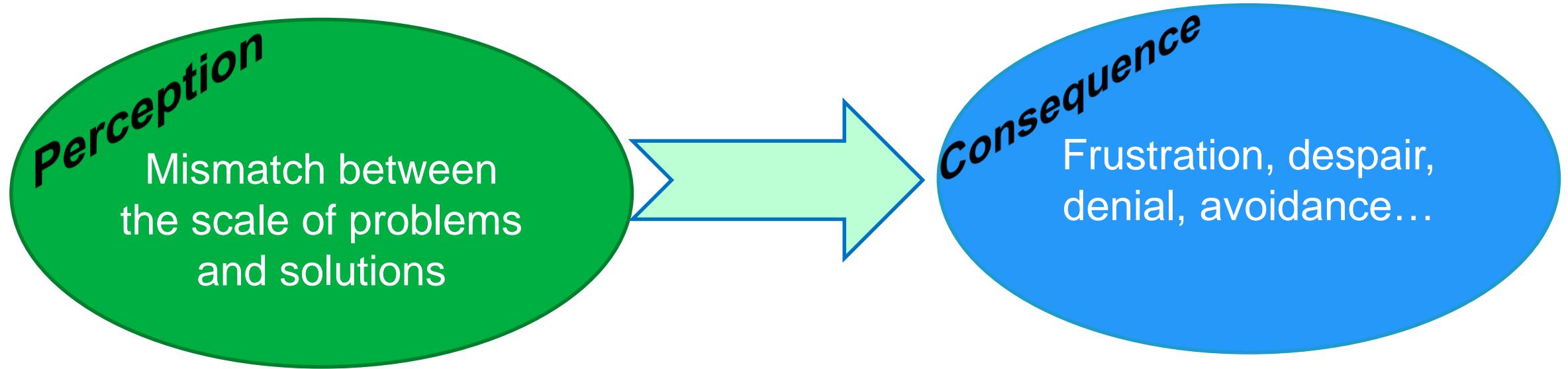
Flood- and Weather-Damaged Homes and Mental Health: An Analysis Using England's Mental Health Survey



Knowledge gaps



Living with the risk: the scale of the challenge



Living with the risk: emotional attachments



Exacerbate
sense of loss



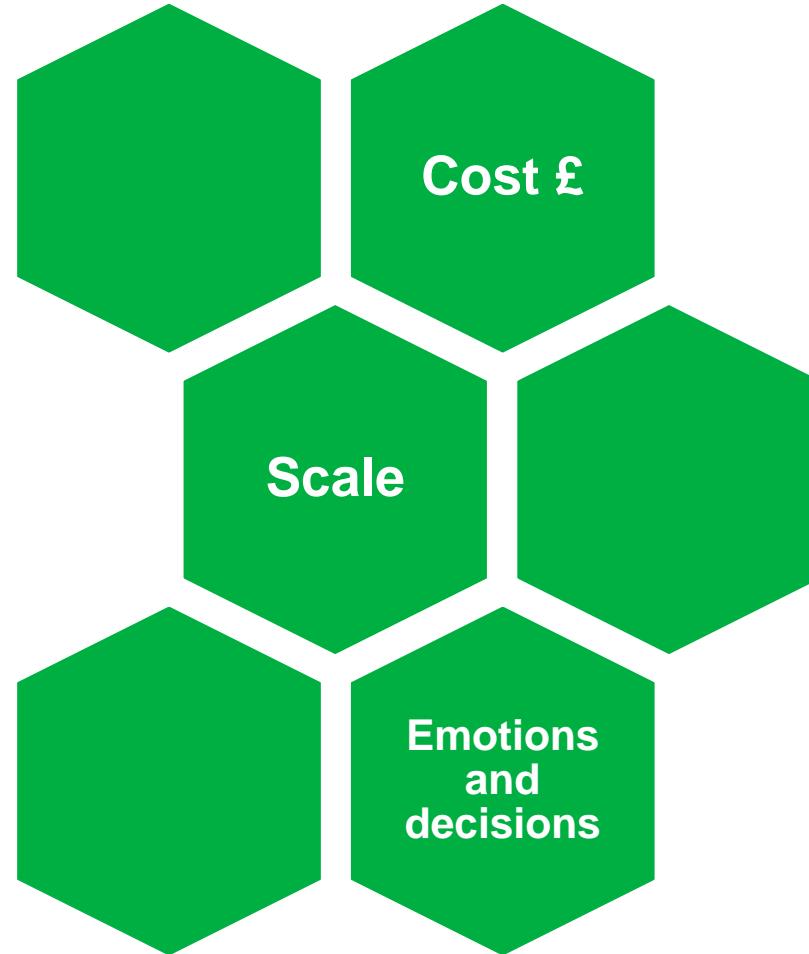
Negatively affect
mental health

Living with the risk: underlying issues

*Impacts may
exacerbate existing
inequalities and
injustices*



Living with the risk: knowledge gaps

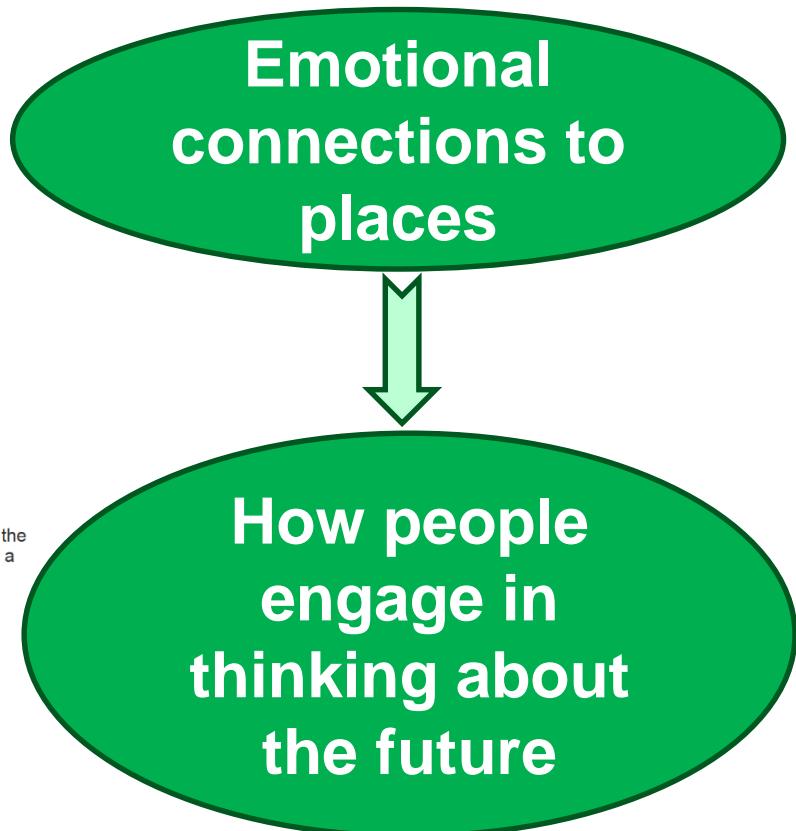


Deciding the future



Historic England image

EAW048263 ENGLAND (1953). Damaged sea defences and flooding along the Essex coast, Jaywick, from the east, 1953. This image has been produced from a print.



Alan Marshall's Ecotopia 2121, 2016

Marshall's vision of London in 2121 imagines grandparents and grandchildren building an eco-village fortified with remnants of the Tower of London.

<https://www.museumoflondon.org.uk/discover/london-visions-what-does-your-future-london-look>

Deciding the future: Seeing through different lenses

Information ⇒ is shaped by assumptions, interests, prior knowledge, ways of thinking, values and emotions



Collaboration ⇒ improve mental health, build community resilience, and mitigate people's sense of not having a voice



Deciding the future: defining success

*..adaptation might deliver
'something better than what
we have' maybe an important
driver for engagement**



*.. reducing disparities maybe
as an important adaptation
strategy in itself **



*R&D Report: Working together to adapt to a changing climate: flood and coast – evidence review

Thank you for your time